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OTTAWA SWEET ON BEES

CITY ABUZZ OVER BEEKEEPING OPTIONS

metroNEWS

'Angst' over police plans

CITY SERVICES

New model would see fewer officers in communities, more on patrol

Joe Lofaro
Metro | Ottawa

Proposed changes to how Ottawa police are deployed are frustrating to some members of the force and some community groups.

One of the controversial changes to come out of the force's long-term plan for a new policing model, known as the Service Initiative, is the redistribution of officers on patrol.

The police service is proposing to collapse some district units like community police officers and fold them into the patrol unit — one that has been depleted over the years. But the service is attempting to do this under the assumption they can put district officers on a patrol officer's schedule to adapt to the needs of a community, said Ottawa Police Association president Matt Skof.

"You cannot do it from a patrol perspective because it never works," he said.

"It's inefficient to be giving it back to patrol because they keep rotating their shifts. There's definitely some anxiety and frustration around it because there's a lot of unknowns."

Skof said 117 officers were notified about 3 week ago that their roles will change in January 2017.

But acting Supt. Mark Ford said the frontline overhaul still needs to go through consultations and maintains that proactive policing in communities that need more attention will not be lost. It's still unclear how that new model will look.

"I think there's understandable angst in the community (regarding) what they have today — are we going to lose it? We're looking to build upon and enhance what we have," said Ford.

"We're trying to bring people together in a very nimble, frontline deployment model."

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Canadian killed by extremists remembered as brilliant and compassionate. **Canada**

LeBreton Flats pick at hand

As a special committee prepares to reveal its preferred bid on Thursday, Metro lays out the top two contenders

Lucy Scholey
Metro | Ottawa

In the tale of two LeBreton Flats proposals, one bidding team may be put in the spotlight on Thursday.

A special National Capital Commission (NCC) selection committee will reveal its top development choice for the 23 hectares of land.

The two competing bids — RendezVous LeBreton, which owns the Ottawa Senators, and Devcore Canderel DLS Group, which is backed by notables such as Cirque du Soleil founder Guy Laliberte and Quebec billionaire Andre Desmarais — are pitching ambitious, multi-million-dollar projects.

Both proposals include NHL-calibre rinks, public libraries, green space, housing and public walkways.

A special evaluation committee — composed of three NCC staff, renowned architect A. J. Diamond and professional planner Mark Conway — will present the "preferred" bid.

The NCC is expected to narrow down its search, though there's a chance — albeit unlikely — that neither proposal will come out on top.

Here's a refresh on what each team has proposed and the NCC's next steps.

Devcore Canderel DLS Group (LeBreton Reimagined)

- Several museums, including an automotive museum; Ripley's Aquarium; the Canadian Communication Centre; a "brewseum"; and a science and technology pavilion with skate park
- "Bandshell" — a stage and screen where people can watch live music shows or broadcast sports games
- French elementary school
- YMCA with a daycare, swimming pool, athletic studios and rooftop spa
- NHL-calibre arena with 18,500 seats on five levels
- Public library branch made to look like an open book

RendezVous LeBreton (Illumination LeBreton)

- Five small, distinct neighbourhoods: Bayview, LeBreton Square, Pimisi, Asticou and Aqueduct
- Waterfront promenade with urban gardens, parkettes
- New Ottawa Central Library beside the Pimisi Station
- Innovation Promenade with "interactive holographic" displays from the Canada Museum of Science and Technology
- Major Event Centre for future NHL games, with an 18,000-seat capacity
- Canada House, which offers short- and long-term subsidized housing for military family members

CAVEATS

- Only one developer, RendezVous LeBreton, has the Ottawa Senators. And the team's owner, Eugene Melnyk, has said the franchise is not up for sale if his group does not win the bid.

  Despite this firm stance, DCDLS has said it's willing to work with the Senators.

- If all goes to plan, a successful bidder will be finalized by early next year.

  But Mayor Jim Watson has said the city will move ahead with its own plans for a new central library branch — possibly in tandem with Library and Archives Canada.

  If the selected main branch site is not on LeBreton Flats lands, then that could alter the winning bid's plans.

FUTURE

The National Capital Commission will negotiate with the preferred bidder this summer and fall.

Following that, the federal government will sign off on the project before the winning project is announced in early 2017.

Later that year, the developers will need to jump through municipal hoops before any shovels hit the ground.

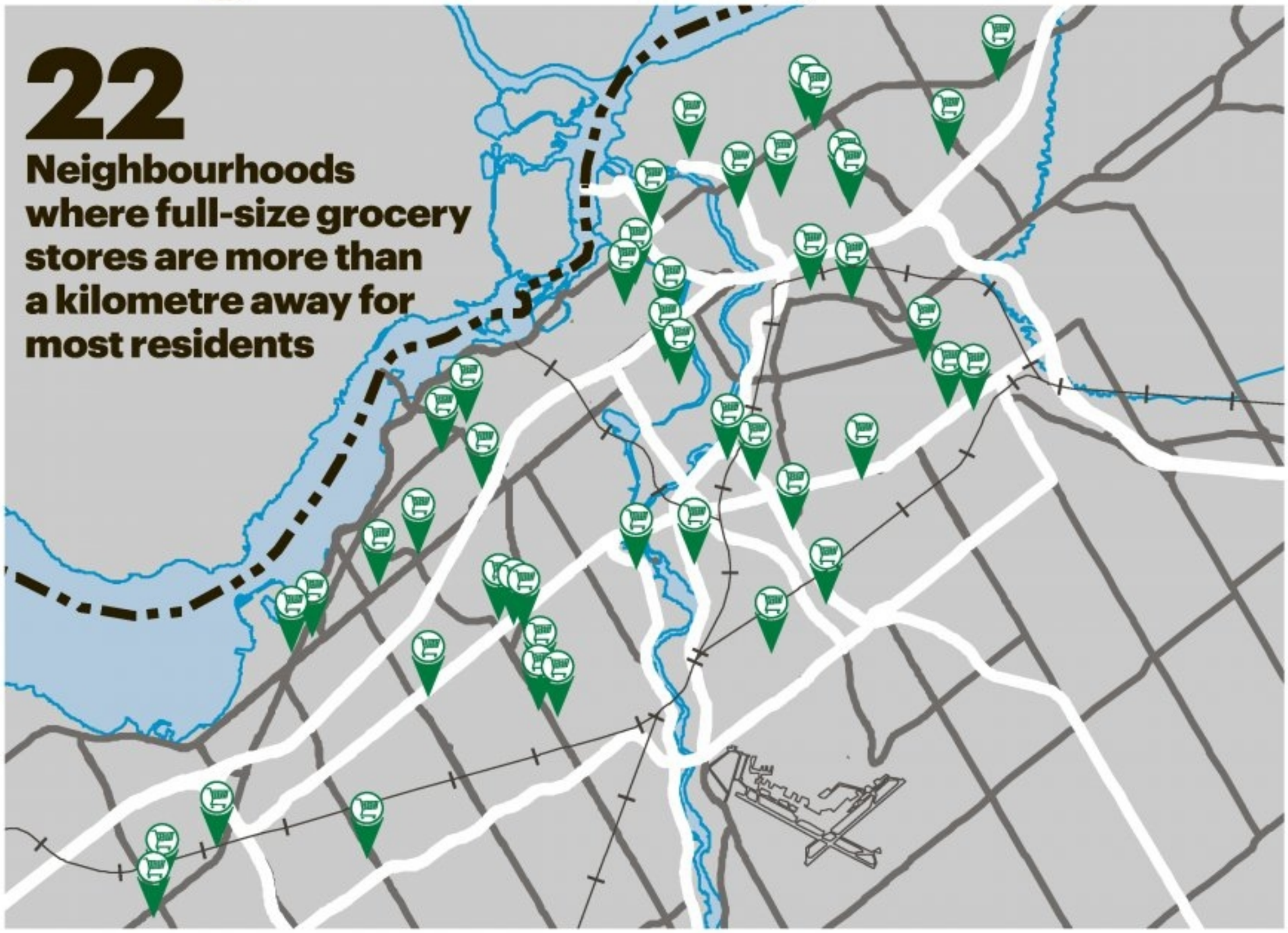
Go online for more local news metronews.ca

New insight into city's issues

WEBSITE

Data paints picture of wealth, health, quality of life

Emma Jackson
Metro | Ottawa



GRAPHIC BY ANDRES PLANA/METRO

Hungry for local data? A new website can help.

The Community Foundation has compiled data from Statistics Canada, private research and public resources to paint a picture of Ottawa's wealth, health and quality of life on its new platform, ottawainsights.ca.

The website covers everything from the rising cost of transit to the sharp jump in mental health visits to CHEO.

The website launched Monday, and as it's populated over the next six months it will offer broad, city-level data in six themes: standards of living, health, economy, environment, culture and community belonging.

But the group is also planning "deep dives" into several issues, and the first to get the treatment is food security, according to project lead Rebecca Aird.

"It's a critical issue that we're not getting traction on, but at the same time it feels like there are some real opportunities," she said.

Along with citywide data, a "What we're seeing" tab explains in detail the gaps in Ottawa's food network and the groups attempting to fill them.

The capital doesn't have a public produce terminal, for one thing, which keeps costs high for independent grocery stores and limits charities' ability to buy food wholesale, Aird said. It also limits how much local produce actually makes it to Ottawa tables.

But there are many promising efforts, too. The city has more community gardens, farmers markets and community-supported farms than it did a decade ago, and the MarketMobile has been bringing fresh produce to food deserts across Ottawa since 2014.

There are 22 Ottawa neighbourhoods where full-sized grocery stores are more than one kilometre away for most residents. "It's tricky when you are living on low income … to have the time and be able to afford to get on a bus to get your produce," Aird said.

Low-income families often shop at the corner store instead, buying cheaper, heavily processed foods that are high in salt and fat.

And food costs are going up. The consumer price index shows Ontario's average food costs jumped more than 30 per cent between 2004 and 2014.

That's in tandem with rising rent, utility and transportation costs, which are squeezing food budgets for low-income families, Aird said.

"We really do have people in this city who skimp on food when other needs are not being met," she said.

At the same time, the number of residents using the Ottawa food bank rose by 10,000 people a month over the past decade, to 50,000 each month in 2013.

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POLITICAL FUNDRAISING

Liberals won't budge on campaign reform

The Liberal government dismissed a call Monday by Ontario's opposition parties for a non-partisan process to tighten political fundraising rules, and instead asked for their input on draft legislation.

Premier Kathleen Wynne has promised legislation next month to ban corporate and union donations to political parties, lower individual contribution limits and regulate third-party advertising. There will also be new spending and donation limits for leadership campaigns and candidate nomination contests.

Wynne wants the bill to be in effect by Jan. 1, 2017.

Government house leader and Ottawa Centre MPP Yasir Naqvi wrote the Progressive Conservatives, New Democrats and Green Party of Ontario on Monday asking for a meeting to discuss the "substantive ideas" they want to see in the draft bill.

The leaders of the three opposition parties held a rare joint news conference last week to call for an independent process on campaign finance rules, and don't want to be in the position of reacting to legislation drawn up by the governing Liberals.

THE CANADIAN PRESS

HEARINGS

Naqvi set out timelines for the bill, with four weeks of public hearings this summer on first reading, plus another round of hearings in the fall after the bill is amended for second reading. Legislation is virtually never given public hearings after first reading.

HEALTH

Ontario asks doctors to return to fee talks

There could soon be a resumption of negotiations between the Ontario government and the province's doctors, who have not had a fee agreement for two years.

Health Minister Eric Hoskins wrote the Ontario Medical Association Monday seeking a return to negotiations within 10 days, expressing hope for a deal by June 30, and stating that the government was ready to talk about binding arbitration.

"This is a significant request given that the vast majority of physicians in Canada do not have such arbitration rights and several provinces are actively moving away from this model of negotiation," wrote Hoskins.

"Nevertheless, as you have known for many months, I am prepared to discuss mediation/arbitration as part of formal negotiations."

Hoskins' statement on arbitration was exactly what the OMA wanted to see before it agreed to resume negotiations.

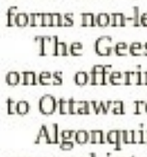
"In light of the government's new position on binding arbitration, Ontario's doctors are ready and eager to meet with the minister of health tomorrow to agree to the terms of binding arbitration," OMA president Dr. Mike Toth said in a release.

The government has always resisted binding arbitration, which is why the OMA launched a Charter of Rights challenge asking the court to declare that physicians have a constitutional right to the resolution mechanism, added Toth. THE CANADIAN PRESS

A buzz about bees

EDUCATION

No shortage of ways to get hive-minded around the city



Haley Ritchie
Metro | Ottawa

Expect to hear more buzzing in Ottawa this summer — interest in bees is growing so fast that educational programs have sold out across the city.

Marianne and Matt Gee of Gees Bees said their "Host a Hive" program, which started last summer, has been so popular they're already almost at maximum capacity.

"People are now more aware of the problems facing the honey bee population and they want to help," she said. "In our business, instead of seeing one farmer with 10,000 hives we want to see 10,000 people with one bee hive."

The program involves renting out small hives to suburban and rural households and businesses across Ottawa.

The Gees take care of the harvesting, but renters get to see the process and the honey from their own backyards, which also sweetens the deal.

Gees Bees also harvests and sells their own honey and performs non-lethal bee removals.

The Gees aren't the only ones offering bee education to Ottawa residents.

Algonquin College offers a general interest course called "The Urban Beekeeper" and Ron St. Louis and Corrie Gabbe of Radical Homestead offer an introductory beekeeping program at the Just Food Farm.

The Radical Homestead program costs just over $500 and quickly sold out for 2016.

St. Louis said the age of people taking the course ranges from a woman in her early 20s to an 83-year-old man taking the course with his grandson.

"Beekeeping is one of the most fascinating hobbies or careers out there," he said.

Matt Gee of Gees Bees tending to a hive. Programs for people interested in beekeeping have been wildly popular in the city and the Gees' "Rent a Hive" program currently rents bees out to 60 clients. COURTESY HEATHER GURNEY-BURGESS/CANDID DESIGN INC.

> Instead of seeing one farmer with 10,000 hives we want to see 10,000 people with one bee hive.
> Marianne Gee on the 'Host a Hive' program

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Abu Sabaya, far left, one of the leaders of the Abu Sayyaf muslim extremist group, is seen with rebels displaying heavy weaponry while in Jolo island July 17, 2000. The militants beheaded 68-year-old John Ridsdel, of Calgary, and are still holding three other tourists hostage. AFP/GETTY IMAGES

Trudeau condemns killing as 'cold-blooded murder'

TERRORISM

John Ridsdel was beheaded by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he expressed his "deepest condolences" to Ridsdel's family and friends.

He did not answer any questions, including whether the government had paid a ransom for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

The abductions highlighted the long-running security problems hounding the southern Philippines, a resource-rich region that suffers from poverty, lawlessness and decades-long Muslim and communist insurgencies.

Abu Sayyaf emerged in the early 1990s as an offshoot of a separatist rebellion by minority Muslims in the predominantly Roman Catholic nation's south.

The group — which Canada and other western countries consider a terrorist organization — has relied on extortion and huge ransoms earned from kidnappings of mostly Western tourists and missionaries to survive for more than two decades.

THE CANADIAN PRESS

Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Phillipines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel.

Thurston said his friend was marked by the compassion and respect with which he treated those around him.

"It is hard to believe this could happen to someone who was raised in Yorkton," Saskatchewan Premier Brad Wall said in a Facebook post.

THE CANADIAN PRESS

John Ridsdel AFP/GETTY IMAGES

CITIES

Liberal infrastructure changes mean money for ferries, roads

Cities and provinces with new, shovel-ready infrastructure projects will be eligible for funding under the first phase of the Liberal infrastructure program, but only if the work is completed within the next three years.

That's the message in letters which federal Infrastructure Minister Amarjeet Sohi sent to his provincial counterparts last week.

Project costs for transit and waste-water and water-treatment projects will be eligible retroactive to April 1, "so work can begin immediately," Sohi wrote.

The first phase of the Liberals' promised 10-year infrastructure plan wraps up in 2019 — just as the country heads to the polls in a federal election — and is mostly focused on repairing aging roads, pipes and transit systems across the country.

It is also designed to lay the foundation for the second and more lucrative phase of the Liberal plan by covering planning costs for larger projects.

"There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them," Sohi told reporters at the Liberal cabinet retreat in Kananaskis, Alta.

There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them.

Amarjeet Sohi, infrastructure minister

Money can't go to municipal projects without funding agreements between the federal and provincial governments.

"What these letters today do is that they set the framework and gives clarity for provinces and territories from the federal government for those negotiations and discussions to occur," said FCM president Raymond Louie.

The Liberals pledged in the budget, flowing from a campaign promise, to double infrastructure spending over the next 10 years to bring the overall federal investment to $120 billion.

The first two years of the new infrastructure program has $6.6 billion for provinces and cities, not including money promised to First Nations infrastructure or to universities.

The Liberals also promised changes to the government's existing marquee infrastructure program, known as the New Building Canada Fund, to quickly move about $8.7 billion remaining from the provincial and territorial stream of that fund to cities and provinces. The Liberals want the remaining money allocated to projects within the next two years.

The government is expanding eligibility under the fund, including work on small-scale highways and roads in provinces like Prince Edward Island that previously didn't qualify because they weren't big enough in scope or impact.

The federal government is also going to fund eligible project costs for ferry systems that provinces like B.C. wanted included in the fund.

THE CANADIAN PRESS

POLICE SHOOTING

Tamir Rice suit settled

The city on Monday reached a $6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out $3 million this year and $3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

Tamir's death has fuelled the Black Lives Matter movement that firmly took root in 2014 after Michael Brown in Ferguson, Missouri, and Eric Garner in New York City died at the hands of police. Grand juries declined to indict officers in those two deaths and in the shooting of Tamir.

THE ASSOCIATED PRESS

Tamir Rice AFP/GETTY IMAGES

Opponents ally to oust Trump

U.S. ELECTION

Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to have a clear and direct choice."

Ted Cruz and John Kasich AFP/GETTY IMAGES

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

The announcement marks a sharp reversal for Cruz's team, which aggressively opposed coordinating anti-Trump efforts with Kasich as recently as late last week. And the agreement applies only to Indiana, Oregon and New Mexico — three of the 15 states remaining on the Republican primary calendar. As Kasich backs out of Indiana, Cruz promised he would not compete in Oregon on May 17 and New Mexico on June 7.

Cruz's campaign manager, Jeff Roe, said in a statement explaining the new plans that Trump would be soundly defeated by the Democratic nominee, whether it's Hillary Clinton or Bernie Sanders. "Having Donald Trump at the top of the ticket in November would be a sure disaster for Republicans," he said.

Added Kasich's chief strategist, John Weaver, "Our goal is to have an open convention in Cleveland, where we are confident a candidate capable of uniting the party and winning in November will emerge as the nominee." THE ASSOCIATED PRESS

GREECE

Jordan's queen visits refugee camp

Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home.

Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey.

Rania added it is "absolutely crucial for us to look for legal alternatives and more safe and effective (alternatives)."

THE ASSOCIATED PRESS & GETTY IMAGES

TURKEY

3,300 suspected jihadi deported

Turkey has deported more than 3,300 foreigners suspected of links to jihadi groups, particularly Daesh militants, and another 41,000 foreigners have been barred from entering the country as part of its fight against the militant group, a top official said Monday.

Turkish profiling teams have also interviewed 9,500 people upon their arrival in Turkey, Ibrahim Kalin, a spokesman for President Recep Tayyip Erdogan, told reporters. Some 2,000 of them were denied entry as a result.

Around 2,770 suspects, including 1,232 foreigners, have been caught in police sweeps and 954 of them are being prosecuted, Kalin said.

Separately, Turkey's state news agency, citing unnamed military sources, said close to 900 alleged Daesh militants have been killed since January in Turkish artillery and airstrikes against the group in Syria. The agency said 492 of the militants were killed in air raids while another 370 were killed by artillery fire. The agency didn't specify how the figures were obtained and it wasn't possible to verify them independently.

4

The number of deadly bomb attacks in Turkey since July that have been blamed on Daesh.

Turkey, long accused of turning a blind eye to the extremists crossing into Syria, has now taken a larger role in the fight against Daesh, opening a key air base in southern Turkey to the U.S.-led coalition fighting the extremists and reinforcing its border to prevent infiltrations. THE ASSOCIATED PRESS

CAMBODIA

Turtle is declared nearly extinct

A Cambodian Royal Turtle walks on the sand of Sre Ambel river bank, in western Phnom Penh, Cambodia.

THE ASSOCIATED PRESS

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles. Also known as the Southern River terrapin, the Royal Turtle is so named because in historical times only the royal family could consume its eggs. The species was designated as Cambodia's national reptile in 2005.

THE ASSOCIATED PRESS

Get rid of the taxes anxiety by just doing them already. ISTOCK

Get your taxes done

FINANCE

To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're excited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier, Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return.

TORSTAR NEWS SERVICE

MCDONALD'S

Day steps onto Coke cup stage

Andra Day THE ASSOCIATED PRESS

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her single Rise Up will appear exclusively on 40 million Coca-Cola cups at select McDonald's across the country, Coke officials said Monday. Day's appearance on the cups is an extension of the recently launched Share a Cup and a Song lyrics program.

The cups will be available May 2.

"I really hope this gives people a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can also view the documentary I Rise. The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

THE ASSOCIATED PRESS

market minute

DOLLAR
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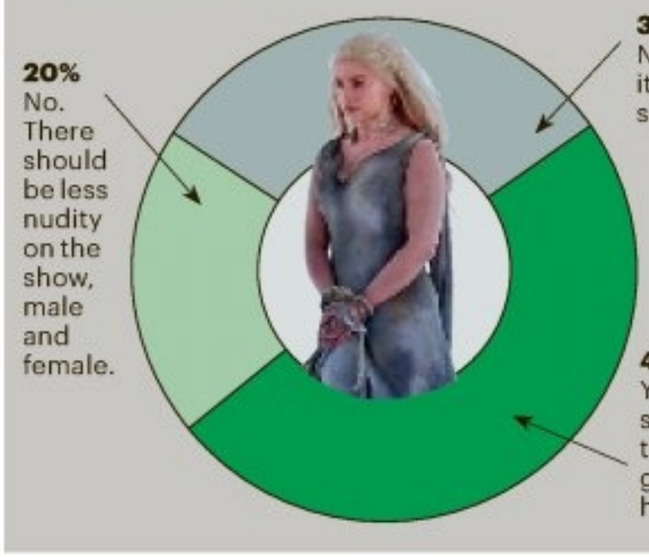
metro VIEWS
Your essential daily news
Tuesday, April 26, 2016

METRO POLL

Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

1 Should Game of Thrones adjust its male-to-female nudity ratio?



2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!
40% Absolutely.

WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

visit metronews.ca
HAVE YOUR SAY

Ignoring congestion won't make it go away

COLLINS' CAPITAL

Steve Collins

It was an easy skirmish to miss after the Uber/taxi drama sucked up the oxygen at the last council meeting.

An angry cabbie — you probably saw him on the news — had just done his final impassioned speech/WWF rant denouncing Uber as a "criminal organization" destroying the livelihoods of Ottawa families. He was still raving outside in the hall (with most of the media in tow; we do love it loud) when council quietly turned to another key factor in how we get around our city: congestion.

Up for approval was $80,000 for an outside study of the causes of traffic bottlenecks in Ottawa and "the full range of solutions." That those solutions might include tolls, charging a premium for travel at peak periods or other "pricing tools" was enough to put the kibosh the whole thing.

"This is really just a wolf in sheep's clothing. It is all about the tolls," warned Coun. Allan Hubley.

Among the arguments: Why waste money on outside consultants? (This after we'd rejigged our entire taxi regime, relying heavily on KPMG).

Also posited: The always perilous assumption that we already know everything we need to know on the subject.

"We don't have to do a survey or spend a lot of staff time figure out what's wrong. We're not investing enough in our infrastructure," Coun. Jan Harder said. "The reason there's more people on Woodroffe Avenue at Fallowfield than they expected back in 2002 is simply because it's the only freakin' road we widened in Barrhaven, the No. 1 growth area."

Harder might be making a different point than she thought she was. When you add more lanes, they do tend to fill up with cars. If you pave it, they will drive.

The majority of council (especially rural and suburban members) didn't want the study to be done in case it recommended tolls. If you never gather the evidence, it saves you the trouble of ignoring it.

The city repeatedly boosts the promotion of public transit — alongside walking and cycling — as a top priority, but the budget always seems limited for everything but roads, of which we now have over 5,000 kilometres. During rush hours, that's an awful lot of free parking.

The city's stated intent to coax people out of cars and onto transit is undermined by perversely slapping a user fee on the latter but not the former.

Taxes (from drivers and non-drivers) pay the full shot for our expanding road system, leaving motorists to congest and pollute for no extra charge. Why wouldn't they drive?

But congestion itself imposes its own "pricing tools" in lost time and aggravation. In Green Metropolis: Why Living Smaller, Living Closer, and Driving Less Are the Keys to Sustainability, author David Owen argues that might be a good thing:

"Traffic jams are actually beneficial, environmentally, if they reduce the willingness of drivers to drive and, in doing so, turn car pools, buses, trains, bicycles, walking and urban apartments into attractive options."

In other words, there's more than one kind of toll.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book All My Friends are Dead, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the '70s). But there has since been a book (2012's What a Plant Knows) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscope offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

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Rachael vs. Rachel: Jay Z infidelity rumours

Angry Beyoncé fans mistake Roy for Ray, threaten to stop eating celebrity cook's tacos

Dedicated dad time is needed

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany's** husband took 17 weeks off to care for their baby. She shares her experience.

Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

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There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the office — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers.

But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."

Are you ready to train like a viking?

NEW WORKOUT

Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at $73 for a six-week program and $130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motivating persona.

Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

What is the Viking Method?
Basically, it is a functional training method, so you use your own body a lot and you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated when you train and when you fall asleep. My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

Why don't you like before and after body photos?
You can cheat so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have makeup. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them

Why call it "Viking"?
I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

TORSTAR NEWS SERVICE

AT HOME ROUTINE

Test your viking strength
Sigbertsdottir demonstrates a three-move circuit with no breaks between moves.

After completing the circuit, rest for up to a minute.

Repeat five times.

1 Kneeling High Kick (repeat 8 to 12 times):
Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick that leg out.

2 Narrow Beats (repeat 8 to 12 times):
Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors). Land in that deep squat.

3 Tea Towel Crawl (repeat 2 to 4 times):
Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.

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metro SPORTS

"Jeez, it was like a party": Former fifth-round pick Josh Norman who recently signed a five-year $75-million deal with the Washington Redskins

Kessel flying under radar

NHL PLAYOFFS

No longer top dog but still making his impact felt

Phil Kessel speaks in a polite whisper, as if he's worried talking too loudly might inadvertently attract the spotlight and well, he doesn't want that.

The Pittsburgh Penguins forward dealt with it plenty during six bumpy seasons in Toronto, where he served as the flashpoint for an underachieving franchise no matter how many goals he scored or all-star teams he made, his natural reticence sometimes coming off as petulance for the cameras. The Maple Leafs made the playoffs just once during Kessel's tenure before shipping him to Pittsburgh last summer, a departure that wasn't exactly met with tears on either side.

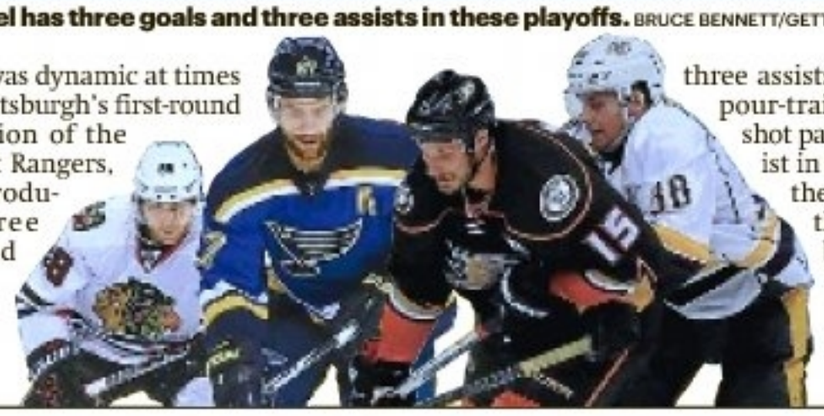
The transition from a personal standpoint was easy. Playing on a roster that includes Sidney Crosby and Evgeni Malkin meant Kessel no longer had to serve as the face of the team, though when pressed about it Kessel manages only to say, "we have a lot of great players here."

His transition on the ice took a little longer. Kessel shuttled between lines searching for a comfortable fit before finding one late in the year with Nick Bonino and Carl Hagelin.

Phil Kessel has three goals and three assists in these playoffs. BRUCE BENNETT/GETTY IMAGES

The trio was dynamic at times during Pittsburgh's first-round evisceration of the New York Rangers, Kessel producing three goals and three assists, including a vapour-trail inducing wrist shot past Henrik Lundqvist in the first period of the clincher that set the stage for a 6-2 blowout.

"He can change a game with one shot," Crosby said.



Go to metronews.ca for coverage of Blackhawks-Blues Game 7 and Ducks-Nashville Game 6.

> **He deserves all the credit for what he's accomplished here over the last two months.**
>
> Penguins coach Mike Sullivan

One that few players in the league can match.

The Penguins were on their heels a bit and trailing 2-1 when Kessel took a pass from Crosby and raced down the right side, before letting go a sizzler that ticked off Lundqvist's stick and rocketed into the net. It came minutes after his meticulous centring pass to Hagelin put the Penguins on the board.

The player long blamed for Toronto's shortcomings has become an important member of a team peaking as it prepares for top-seed Washington in the second round starting this week.

"He's a clutch guy when you need a goal," Penguins defenceman Kris Letang said.

A word not often associated with Kessel while wearing the iconic Maple Leafs sweater. Yet those days are long behind him. His gelling with Bonino and Hagelin gives the Penguins three legitimate scoring lines, the kind of depth necessary to make extended runs at raising the Stanley Cup.

"We just go out there and try to play our game and play hard," Kessel said.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

30.1

Curry's points-per-game average this past regular season, a league best.

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS

DEFLATEGATE

Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with his procedural rulings.

Tom Brady THE ASSOCIATED PRESS FILE

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

IN BRIEF

Nadal takes legal action over doping accusation

Rafael Nadal filed suit Monday against a former French minister who accused him of doping, saying he needs to defend his integrity and image as an athlete.

The Spanish tennis star said his lawyers lodged the defamation suit in Paris against Roselyne Bachelot, France's former minister for health and sport, because of her "offensive remarks" on French television last month. THE ASSOCIATED PRESS

MLB

Jays shuffle lineup to keep hot bat in

Toronto Blue Jays manager John Gibbons had to juggle his batting order ahead of Monday night's game against the Chicago White Sox to keep a hot bat in the lineup.

Gibbons had Ezequiel Carrera playing centre field and leading off while Michael Saunders, who had been nursing a sore hamstring, was back in left. Everyday centre-fielder Kevin Pillar got the night off.

Carrera had the first four-hit game of his career on Saturday, a 9-3 victory over the visiting Oakland Athletics, and was 2-for-4 with a run batted in in Sunday's 6-3 win against the A's.

Russell Martin, who left Friday's game with a stiff neck but started Saturday, was out for Monday's game. Backup Josh Thole started in Martin's place.

Reigning American League MVP Josh Donaldson started Monday's game at DH while Barney manned third base.

THE CANADIAN PRESS

Stephen Curry GETTY IMAGES

It's Leicester's title to lose

PREMIER LEAGUE

Foxes can clinch on weekend after Spurs draw

Leicester is one victory from becoming one of the unlikeliest champions in English football history — a year after nearly being relegated from the Premier League.

The path to the trophy became clearer Monday after closest challenger Tottenham was held to a 1-1 draw by West Bromwich Albion, giving Leicester a seven-point lead with three games remaining.

Leicester's first chance to seal its first top flight title in its 132-year history comes on Sunday at the home of 20-time champion Manchester United.

> **We needed to kill the game in these moments if you want to win the title.**
> Spurs manager manager Mauricio Pochettino

Even if the Foxes fail to win at Old Trafford, manager Claudio Ranieri can be handed the title if his former club, Chelsea, beats Tottenham next Monday.

Ranieri's team of bargain signings and even cast-offs is on course to become the first maiden title-winner since Nottingham Forest in 1978 by completing the greatest transformation of a team in the post-1992 Premier League era.

Although Spurs look set to miss out on a first title since 1961, they are close to qualifying for the Champions League for the first time in six years with their highest finish since 1963.

"We are very young and we need to use this experience for the next few seasons," Tottenham manager Mauricio Pochettino said after Monday's White Hart Lane setback.

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West Brom defender Craig Dawson heads in the equalizer on Monday at White Hart Lane in London. IKIMAGES/AFP/GETTY IMAGES

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RECIPE Grilled Salmon and Zucchini Skewers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

Ready in
Prep time: 25 minutes
Cook time: 10 minutes

Ingredients
- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

Directions

1. Soak wooden skewers in water for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

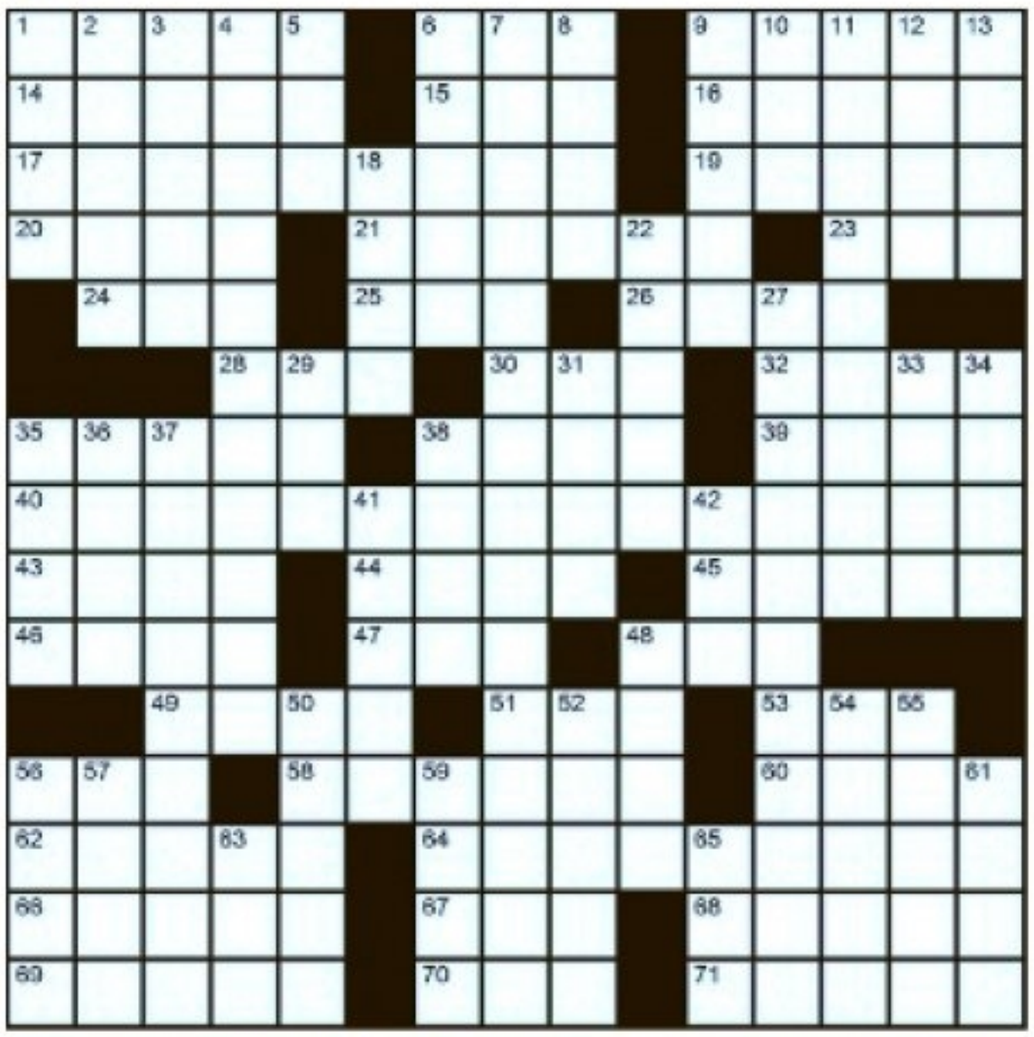
3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle _
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose-_-_ (Snobbish stance)
17. Guru/guide's gig
19. _ bore
20. "You _ _" by Lady Gaga
21. Fancily-uniformed cavalryman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scot's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. 'Tail'-meaning prefix
30. P, to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liona Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scot's 'no'
49. Mil. two-stripers
51. Sight: French
53. Shih _ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.
64. Off-the-cuff
66. Lotto winner's shout, "_ _ for life now!"
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

DOWN
1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry _ Longfellow (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger _ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star ...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. "_ _ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

Taurus April 21 - May 21
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

Gemini May 22 - June 21
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

Cancer June 22 - July 23
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

Leo July 24 - Aug. 23
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

Virgo Aug. 24 - Sept. 23
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

Libra Sept. 24 - Oct. 23
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

Scorpio Oct. 24 - Nov. 22
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

Sagittarius Nov. 23 - Dec. 21
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

Capricorn Dec. 22 - Jan. 20
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

Aquarius Jan. 21 - Feb. 19
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

Pisces
Feb. 20 - March 20
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	8	3	9	2	7	4	
	6						2	
		4	1	6	5	8		
	3						9	
8					9			3
4				8		6		1
5					8			7
	1						8	
		7	9	1	4	5		

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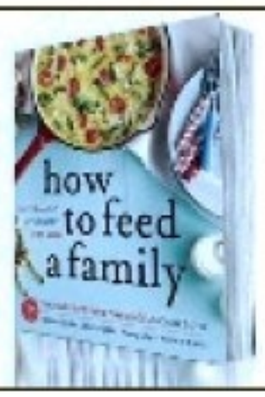
mymetrostore.ca shop your city



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	3	4	1	7	8	6	5	2
1	2	5	6	9	4	8	7	3
6	8	7	5	2	3	4	9	1
5	9	8	7	6	1	3	2	4
2	7	6	4	3	9	5	1	8
3	4	1	8	5	2	9	6	7
7	5	3	2	4	6	1	8	9
8	6	9	3	1	7	2	4	5
4	1	2	9	8	5	7	3	6

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